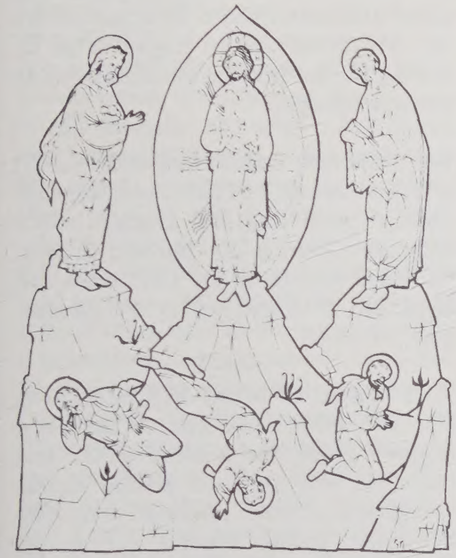
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The Orthodox Herald

Celebrating our 40th year

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Transfiguration

TRANSFIGURATION CONFRONTS US

The Transfiguration of Our Lord is one of the 12 major feast days of the Orthodox Church. On this day, we celebrate the Lord's Transfiguration on Mount Tabor as it is recorded in the Gospel reading for this day in Luke 9:28-36. The Transfiguration is also recorded in Mark 9:1-8; Luke 9:28-36; and 2 Peter 1:10-21.

Eight days after the climactic event at Caesarea Philippi where Simon Peter was divinely inspired to recognize and confess that Jesus of Nazareth was the Messiah, the Christ expected by the Jews (Luke 9:18-20), Jesus took His "inner circle" of Peter, James and John with Him up a mountain. There the three astonished and frightened disciples saw Jesus' appearance changed so that His face shone like the sun and His clothes became white as light. They saw the two outstanding men of the Old Testament appear with Jesus: Moses the law-giver and Elijah the prophet. From the cloud of God's presence overshadowing them they heard a voice saying: "This is my beloved Son, in whom I am well pleased. Listen to Him." (Luke 9:35) They quickly looked around but could see nobody with them except Jesus. (This scene is

Continued on Page 23, Col. 3

It's the little things
we do and say
That mean so much
as we go our way.

FOOLISH PROMISE

The last great Holy Day for the liturgical year on the Church Calendar is the Beheading of St. John the Baptist. This is celebrated on August 29/September 11. The New Year begins on September 1/14. This major Holy Day and strict fast day is a very ancient Holy Day. It is mentioned in sermons as early as the 4th century.

On this day we not only commemorate the beheading of St. John but we remind ourselves of what unlimited hate and lust can do to us.

When St. John the Baptist and his cousin, Jesus Christ, were 32 years old, the following incident occurred as told in Mark 6:14-30; Matt 14:1-12; Luke 9:7-9. King Herod Antipas was celebrating his birthday. The celebration included singing and dancing. One of the dancers was King Herod's niece, Salome. Her dancing pleased him so greatly that he promised her anything she wanted, even half of his kingdom. Salome's mother, Herodias, who was present, heard the promise, and taking her daughter aside, she told her to ask for the head of St. John the Baptist. She did! Herod was somewhat dismayed because he respected St. John but he had foolishly promised, in front of his many guests, Salome anything she asked for and he could not back out. The head of St. John was presented to her on a platter.

Why did Herodias want the head of St. John? Because St. John had admonished her for living with Herod, who was her brother-in-law. Philip was her husband. St. John dared to tell her it was immoral.

The Church, in commemorating the beheading of St. John, who was the last prophet of the Old Testament, or really the bridge between the New and Old Testament, reminds us that overindulgence in food, drink, and merrymak-

Continued on Page 24, Col. 1

SPIRITUAL HOUSECLEANING

On Holy Days, which honor the Mother of God as on the Dormition which we celebrate on August 15/28, the gospel read is Luke 10:38-42,27-28. This reading concerns Martha and Mary and their reaction to Jesus when He visited their home. This reading elicits much discussion when the Bible study groups are made up of women — so many of them have the "Martha syndrome." In this syndrome we lose ourselves in the details and minor obligations in life and feel so resentful and frustrated because of it that we take it out on the people around us. It strikes men as well as women.

In the milder form of the Martha syndrome, days seem to be taken up with one boring task after another — writing checks, cleaning the house, taking the car in for repairs, shopping for groceries. We want to do the job right and they are all pressing us to be done. Yet we feel that these tasks just get in the way of more important matters. Then someone makes one more small request and we unload our frustration. This form of the syndrome is easy to take care of. We finish a day of tiresome trivia and recognize that the frustrations are temporary.

But the Martha syndrome can become a way of life for some people. They feel overwhelmed and trapped by life. They slide into depression and as the emotional pain builds, they start to blame their conflicts on those around them. Many times they destroy relationships.

Martha in Luke's Gospel had been working in the kitchen trying to make sure that her important guests would be well fed and comfortable. She was probably a good cook and immaculate housekeeper. She wanted everything to be just right. Meanwhile, Mary, her sister, was in the next room listening to the Great Master, just what Martha would rather do. But Martha felt a fine meal was necessary and that meant staying in the kitchen.

Finally as the frustration built up, Martha went to Jesus to complain. Jesus

Continued on Page 21, Col. 3

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CHRONOLOGY

August 1991

We do not endorse any product or event listed here. Information is provided as a service to our readers.

ANNUNCIATION Retreat Center, P.O. Box 762, Tuxedo Park, NY 10987 shall hold the annual retreat on August 18. A Moleben will be served for those ill in body or soul. Submit names for prayers to above address, c/o Fr. M. Slovesko.

A dormitory valued for a million dollars shall be blessed on August 18. Located at St. Tikhon Seminary in So. Canaan, PA the building will be dedicated to Metropolitan Leonty.

ORDER **The Orthodox Herald** as a birthday gift instead of sending a card. Your gift will be enjoyed all year — every month.

We wish to thank Michael DeBeck for regularly sending us clippings from newspapers and magazines. It helps us keep this Chronology up to date and relevant.

IKONS OF SAINTS OF GREAT BRITAIN can be obtained from **Orthodox News,** 64 Prebend Gardens, London W6 OXU, England.

PATMOS, the island where St. John wrote Revelation (the Last book in the Bible), is threatened by mass tourism. St. John was exiled to this 21 square mile island in 95 A.D. when Christians were being persecuted by the Roman Emperor Domitian. A chapel stands over the spot where the Book of Revelations was written. The chapel overlooks the Aegean Sea and the main town of Skala. A monastery, located here, contains many rare documents. Interesting is the sign which is found above the wooden door to the library. It reads, "Dispensary of the Soul."

A NEW AREA OF LAW is churches. The American Bar Association met in San Francisco. A brochure distributed for a seminar was advertised as "Attorneys who want to be on the leading edge of an explosive new area of law." The opening topic was "Expanding Use of Tort Law Against Religion."

PROSFORA SEALS, candles, incense, safety drip candle cups, etc. may be ordered from National Shrine Church Supplies, Drawer AF, St. Augustine, FL 32085-1679.

HISTORY OF ICONOGRAPHY, a video producted by Fr. Alexander Jusiukowicz, may be ordered from St. Ignatius Press, 6665 Huntlry Rd., Suite K, Columbus, OH 43229 for $54.95 pp.

IN MEMORY OF GEORGE BALANCHINE, the world renowned ballet choreographer and co-founder of the New York City Ballet, a five-foot high mahogany processional cross was blessed and placed in the Holy Fathers' Russian Orthodox Church on West 153 St. in New York City. The cross is carved in mahogany in the ancient style and is gilded and painted with icons.

SHOULD THERE BE A NEW WORD COINED FOR THE wife of an Orthodox priest? The following titles are now in use: Presvytera by the Greeks, Matushka by the Russians, Khoureeya by the Arabs, Popadia by the Serbians, Protessa by the Romanians, Pani by the Carpatho-Russians. This question was asked by the Editor of "The Word" Magazine.

THE 1991 CONFERENCE on Missions and Evangelism will be held at Antiochian Village near Pittsburgh, PA on August 29-Sept. 3. It is co-sponsored by the OCA and the Antiochian Archdiocese. Cost of the conference is $400. Write: Missions Conference, 6778 Pasado Rd., Santa Barbara, CA 93117-4908 for info and forms.

FREE AIR TIME ON TV is available on some cable TV as public access. Some stations even offer free training programs and equipment use. Write AARP Program Scheduling Office, Program Resources Dept. ET, 1909 K Street NW, Washington, DC 20049 for a kit and info.

A PARACLESIS to the Mother of God is served in many Greek Orthodox and some Russian Orthodox Churches during the Dormition Lent in August. This inspiring service is being attended by more and more people.

VESTMENTS, CASSOCKS, ICONS AND OTHER CHURCH ITEMS are needed for mission work in Haiti. Contact before shipping anything: Fr. Michael Graves, Orthodox Church in the Caribbean, c/o Lynx Air, P.O. Box 407139, Ft. Lauderdale, FL 33340.

THE WELL SPOUSE FOUNDATION, P.O. Box 28876, San Diego, CA 28876 is a support group for healthy wives and husbands who are their invalid mates' caregivers. It gives information on how to remain strong, hopeful, caring and resilient so you are better for your spouse and yourself.

A NAME CHANGE from the Institute for Atheistic Science to the Research Institute on Religion and Atheism signaled the change in attitude towards religion in the USSR. Social scientists are now studying the role of religion in social and personal life rather than developing atheistic propaganda to confirm the materialistic vision of the world and to combat religion.

ROME said that it needs time to develop an adequate religious instruction program to prepare people for the pope's visit to the USSR.

KITCHEN CORNER readers who have those valuable glass cap canning jars and cannot find the rubber seals can get the address where they can be purchased near their home by sending an SASE to Allied Plastics, 925 Orchard Lake Rd., Pontiac, MI 48341.

ANSWERS TO QUESTIONS regarding Medicare, private health insurance, Medicaid, etc. can be found in a booklet "Medicap: Medicare Supplement Insurance. A Consumer's Guide." Send a postcard to AARP Fulfillment (EE0130) 1909 K St. NW, Washington, DC 20049.

QUESTION AND ANSWER

Question: I have just accepted employment in an area where snakes are used as part of the church services of some of my clients. I am frightened and repulsed by snakes and can't understand their use as part of religion. The people tell me they are Christians and this is taught in the Bible. Is it?

Answer: The group you are referring to uses Mark 16:18 as the reason why they use serpents or snakes. After Jesus' Resurrection, He appeared many times to His Disciples and others. Just before His Ascension, He sat at the table with His eleven Disciples and He "rebuked their unbelief and hardness of heart, because they did not believe those who had seen Him after He had risen. And He said to them, 'Go into all the world and preach the gospel to every creature. He who believes and is baptized will be saved; but he who does not believe will be condemned. And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover'!" Mark 16:14-18

At the back of this picturesque language is the conviction that the Christian is filled with a power to cope with life that others do not possess. When you encounter the various demons that roam the world today, do you despair of hope or do you pray in the name of Jesus to cast them out?

"They will speak with new tongues." Is your language different because you are a Christian? Have you learned the language of love?

"They will take up serpents." Are you worrisome or fearful of dangers that confront you, or do you face them with the power of God?

"And if they drink anything deadly, it will by no means hurt them." Do you allow the poison which enters your eyes and ears to weaken your moral outlook on life or do you protect yourself with the word of God and prayer?

"They will lay hands on the sick, and they will recover." When you visit the sick in their homes or in the hospital, do you talk about the weather or do you dare to ask: "May I say a prayer with you?"

The Church tells us we need not literally lift venomous snakes and drink poisonous liquids to prove our belief in Jesus. We can profess the same faith by "Go(ing) into all the world and preach(-ing) the gospel to every creature."

ROOTS AND WINGS

There are two messages that all human beings need to receive and study carefully. They are the messages of affirmation and of personal responsibility. These two messages are like the two legs on which a person can walk successfully through life. The message of affirmation is this: "You are a unique human being, the one and only you."

The message of responsibility is this: "As you mature into adulthood you must take your life into your own hands."

We may compare these messages to "roots" and "wings." We must give to others, especially children both roots and wings. The roots of any human existence are the roots of personal worth, of self-confidence, the roots of belief in one's own uniqueness. The message that offers roots is that of an unconditional love.

On the other hand, the wings of a human existence are the wings of self-responsibility. You must not blame others and complain about your lack of opportunity.

The message of roots says to an individual: "You've got it!"

The message of wings says: "Now go for it!"

"Thank you, Lord, for your love. May I make that love my inspiration, my roots and my wings."

PRESS FUND

The cost of the "Herald" has gone up five times since we started to publish in 1952. Our postal costs have gone up 64 times! From ¼ cent per copy to 16 cents per copy to mail. Your donations help us to meet these increased costs. Spaisbo — Thank you — to Nika Stepanenko, Michael Nazarenko, Michael Debeck, Mary Superata, Irene Allen, Alexandra Spanovic, Mary Kolotila, Mr. and Mrs. Robert Kulenic, Olga Miller, Helen Cudlic, Helen Horbarz, Teresa K. Potopchuk. Ann Lykens eternal memory of parents and family members and vechnaya pamyat of Archimandrite Seraphim Oblevantzov who died in 1954. Paul Stuchlak in memory of father Peter, mother Annastasia, sister Anna and brother Alex. The Stroyens for health of Helen Kidda and Mary Kokinda.

We also want to thank you for the note which read: "My donation to this fund is in appreciation of you publishing the paper for 40 years. I cannot remember ever receiving the paper late or you failing to publish an issue. What a record for over 470 issues since 1952!

•Spiritual Housecleaning

recognized that Martha's impatience with Mary could easily develop into something more serious between them. Jesus' advice cuts right to the root of the problem and helps Martha calm down.

Jesus reminds Martha that she's so busy taking care of everyday housework that she's forgotten to do her spiritual housecleaning. She needs, he says, to learn to "choose the right portion." In other words, Martha was so caught up in taking care of the details of this special occasion that she neglected to take advantage of the extraordinary opportunity she was offered. Learning at the feet of the Messiah was far more important at that moment than preparing the meal.

We also must do spiritual housecleaning. We have to ask ourselves every day, "What is truly important? What do I really want to accomplish? What are my highest goals and values?" We should also take time to consider the extraordinary opportunities the day can bring. It's so easy to lose the opportunities because we fail to prepare for them. Our everyday routines are allowed to blind us to the grander possibilities that lie at our doorstep.

This task of inner housekeeping helps in setting priorities. If we are aware of the "good portion" — the most important goals and tasks — we can plan to take care of them first, alloting the time they deserve. The other matters can be handled quickly or put off to a more convenient time.

This daily housecleaning can free us from the sense of being trapped by trivial details in life. It can also keep us attuned to the values and aspirations that make life worth living and it can free us from the unfair resentment we often feel toward others when we don't have the time to meet our own crucial needs. We must choose the "greater thing" and sit at the feet of Our Master in prayer. This should help us choose what is best.

There has never been a statue erected to the memory of someone who lets well enough alone.



PELICANS
AUGUST 1991

Pelicans are mentioned twice in the Bible (Lev 11:18, Deut 14:17) and are implied two more times (Is 34:11, Zeph 2:14). The Hebrew word for pelican is Ka'ath but scholars debate its translation and believe the scriptures may refer to the scope-owl (desert owl) who lives in olive groves and ruins and cries with a sound "Kiu-Kiu." The white pelican (pelecanus onocratalus) or the Dalmatian pelican (pelecanus crispus) are native to Palestine and are found along the shores of Mediterranean Sea but are occasionally seen in the winter on the Sea of Galilee or Lake Hom. The Pentateuch passages refer to birds that live in the desert and haunt ruins.

The Hebrew word Ka'ath probably comes from Ki, which means to vomit. The Jews believed that the pelican fed its young by regurgitating its food. In actuality, the pelican is a fish eater, can store a large number of fish in the huge throat pouch attached to its lower beak and feeds its young freshly caught fish. Its appearance on the list of "birds of abomination" (Lev and Deut) is probably because of the lack of knowledge of the bird's eating patterns rather than their use of unclean food.

Because pelican throats and breasts acquire a reddish tint during nesting, early Christian apologists called them the "bird of piety" and the term appears in many moral fables called bestiaries. A blood red spot may appear if the feathers are extensively preened. Christian apologists thought the spot was due to the mother bird sacrificing her blood for her young in a manner similar to Christ's sacrifice of his blood for man's salvation.

The medieval alchemist carried the bird of piety concept further and believed that the pelican could sustain itself on its own blood. Since the pelican grew from using its own blood as nourishment, the alchemists believed that experiments could be designed to create new substances. The alchemists set up elaborate glass and earthenware vessels to continuously distill and condense water in a manner that the condensate returned to the reaction vessel. They called the setups pelicans. After distilling water for many days in soda-lime glassware, they observed small dismond like crystals in their reaction vessels. Today, we know the crystals are recrystallized silica, which was leached from the glass vessels, but the alchemist, who could not analyze silica, believed they were the transmutation of one element, water, into a new substance, soft diamonds. Lavosisier, the famous eighteenth century French chemist, proved that after three weeks of distilling water, the quantity of water was the same as when he started and that the diamond like mass was equal to the loss in eight of his glass vessels. Today it is impossible to repeat these experiments in the laboratory with standard borosilicate or lead glassware.

A study of the pelican found in the scriptures and in church history indicates that a lack of knowledge leads to superstition and theological or scientific heresy. From this short investigation of the pelican, it is evident that truth of God's message is only available from continuous study of the scriptures and church tradition.

Larry R. Sherman
Dept. of Chemistry
Univ. of Scranton, PA

CHUCKLE

A little girl from the Midwest was taken to her first vacation at the seashore and she was awed by the breakers. Returning home, she was asked by her friends to tell them everything about the seashore and the beach. She exclaimed: "Everything was wonderful. The beaches are nice and clean. You know this is because they keep flushing all the time."

ALASKA FUND

For over 35 years we have been sending packets to missions in Alaska with your help. August issues will be sent by Paul Stuchlak, Olga Moscowitch, Anonymous (2), Ann Lykens, Mary Kolotila. Martha Baranchik in memory of parents George and Barbara Wasenko.

Dabs of Thoughts

August received its name from the Emperor Augustus, and was selected not as being the month he was born in, but because his greatest good fortune happended to him in it. As July contained 31 days and August only 30, it was decided that it was necessary to add another day to it so that Augustus would in no way be inferior to Julius Caesar for whom July was named.

Filippo Baccari introduced ballet to Russia. Breaking with custom he did not offer his services to nobility but to the Moscow Orphanage as an experiment. It surpassed all expectations. Of 62 pupils, 24 became soloists. The orphanage became the cradle of the Bolshoi, and the foundation of ballet in Russia.

The Christian, who is not vitally interested that others should know about his Savior, ought to examine himself in the light of Christ's commands to see whether his love for God and the Truth is real. The church whose members devote little time, few of their sons, and gives less than sacrificial gifts to the cause of the extension of Christ's church needs to take its spiritual temperature to see whether lukewarmness is setting in which the Bible cannot stomach (Rev. 3:15,16).

Metropolitan Anthony of Sourozh, who lives in London, wrote the following about missionary work in the Orthodox Church: "We are opposed to proselytism and therefore test people's vocation to be accepted into the Orthodox Church for a long time — two, three years. We discourage hasty decisions and assure ourselves of the stability of the candidate, of his or her motives (we do not accept anyone merely because they are dissatisfied of their former ecclesial allegiance or reject it with distaste or hatred). The mission of the Orthodox Church in the heterodox world is to proclaim the gospel with total integrity, fulfilling what is lacking elsewhere, and speaking the Truth in charity. But the seeds — even when they fall on fertile ground mature and grow slowly, and we must be ready to wait in faith and in hope."

Most motors hum at B flat major.

To be able to find joy in another's joy, that is one of the secrets of happiness.



EDITOR'S NOTES

One of my gardening tools which I used very seldom were my pruning shears. It took me a long time to become convinced that pruning is an essential part of gardening. The fruit trees grow best under severe pruning, the dead wood of the roses must be cut away to allow good, new growth, and all the evergreens must be trimmed down to size or the center gets brown and dry. Yes, under the hands of an insistent pruner, everything looks better and grows better.

One rhododendron grew at such a rate that before I realized it it had grown nearly out of control, covering the sunroom window. It seemed such a shame, somehow, to take the pruning shears to it for I had babied it through a time when construction on our house had hurt it quite badly.

The pruning process was begun. It really hurt to start. Beginning at the back of the bush, I clipped away the branches which were pushing against the window and then I snipped away until its undisciplined lines began to take on a comely shape. At first I was sorry I had trimmed so much because the results were still not visible. The bush looked as if it had been trimmed too severely, but I was hopeful that it would grow more beautiful. But there were immediate unanticipated results of the pruning. It exposed a bird's nest, still hidden from prey, but easily seen from the sunroom window where the workings of life could be viewed.

So it is in our lives. We're determined to have things our way. Then, old pruning shears are put to work. Sometimes, not an easy task because resistance is great. But God says: "I will direct your way."

It may hurt at first, but when the dead wood is gone we're free to blossom forth again. Then as we proceed in our self-sufficiency, pruning is required again sometimes abruptly knocking us down. "Lean on me," we are reminded.

It's this pruning that keeps us from becoming overly confident and relying on our own strength. We may be knocked out of shape temporarily, but He knows what's best for us. Our perspective changes and because of it we have a better view of life.

Our pruning comes in the form of trials. Oh, it hurts. We resist and as we resist it hurts even more. The pruning goes on but not beyond the point we can stand. Eventually we are better because of it. No longer are we over confident, no longer are we self-sufficient, instead in humility before God we have became a better person, molded and shaped under the master pruner's hands.

God be with you.

Matushka Nina Stroyen

ETHNIC CHUCKLE

Dorohaya Tyotya Mareeyah,

Please excuse me zhe yah neh peesala sooner noh yah bulla taka sick. Yah dumam zhe yah bralla stoh pillyulekey. E yah mala takee scare zhe yah dumala zhe yah scrazuyyou.

Tak peshlo. Yah eating a little too much nah svaaytkey ee gaining a little weight. Me next door neighbor me poveela zhe ohna gain weight kolee ohna quit smoking. Toh ohna startuyyeh smoking again to lose weight. Yah dumam maybe yah better start smoking ee me weight preydey down a little.

Yah peeshla doh storu ee yah buy pachkuu cigaretee. Kolee yah preshla domu yah light up odnu za druwho. Doh vecherah yah puffnoola half pachkoo.

Toth evening yah bulla taka sick. Me head tak pounding. Me stomack neech neh trema. Druhee day, yah worse. Yah starting ķashlaytee yak fras. Yah taka weak. Yah dumam. Yah dala me papee promise zhe yah neh budoo kurete cigarettee. Kara boza preshla nah mea neh nah sure. Yah snam nah sure zhe yah dostata cancer ot totee cigarette. Yah dostala takee nervous state zhe me husband kazeh; "Anna, I don't want to hear any more about where yau want to be buried. I'm taking you to the doctor."

Yah poveela me story doh doctora ee yah ask: "How much time do I have doctor?" Ohn tak start to smeeyatsa ee kazhe me: "Anna, you have the flu. My advice is to take these pills and throw those cigarettes away. You don't have to worry about your cemetery arrangements for a while. You'll be better in a few days."

Yah taka miserable for few more days. E brala pillyulekey za pillyulekoo noh yah dostala me wish. Yah lost a few pounds.

Budtey zdrove
Still here,
Hanya

•Transfiguration

beautifully depicted on the icons for this day.)

What does this event mean? Whole books have been written on the significance of the mysterious event, and here we can only get a glimpse of one facet. At Caesarea Philippi St. Peter had recognized and confessed Jesus as the expected Messiah, but what kind of a Messiah was Jesus?

Most of the first century Jews, including the disciples, expected the Messiah to be a great king like David, a mighty ruler and warrior. Who would defeat all their enemies, overthrow the Romans occupying Palestine, re-establish the Davidic monarchy in all its glory, and usher in God's Kingdom on earth. Very few of them expected a Messiah anything at all like the one God really sent, a Messiah who had to suffer, die as a sacrifice for sin, and be raised from the dead.

Just as the Messiah who God sent in the person of Jesus disappointed the Jewish expectations, so today Jesus Christ does not fit into the categories into which we try to squeeze Him. One way we can know what sort of Messiah God has actually sent us in Jesus is by examining the public records of His life and work namely the New Testament against its Old Testament background. Many Bibles have lists of the prophecies of the Messiah in the Old Testament which were fulfilled in Jesus Christ in the New Testament. Does our "working model" of Jesus as Messiah include such elements as His virgin Birth, His miracles of healing, His compassion for the poor and outcast, His warnings of judgment and eternal punishment, His coming again as a judge, His hearing and answering of our prayers? The crucial question for us, as for the earliest disciples, is: "What do you think of Christ?" Do we accept Him as Messiah on God's own terms? This is the issue the Transfiguration confronts us with.

The Church urges us in one of the hymns of the day: "Come, O Faithful, let us go up to the Mountain of God, to the house of our God, that we may see the glory of His Transfiguration: the glory as of the only Son of the Father, receiving light from Light; let us rise through the Spirit and praise the consubstantial Trinity for ever and ever.



We recently visited some friends at their "dacha" summer cabin, which was built beside a running stream. We were served this relish-salad which was cooling in a crock set at the water's edge. Cool and delicious.

SUMMER CROCK SALAD

8 green bell peppers, sliced
3 lbs. tomatoes, sliced thin
4 lbs. onions, sliced and separated into rings
2 tsp. celery seed
3 cups cider vinegar
1 cup sugar
2 Tbls. salt
3 cups salad oil

Layer vegetables into deep glass bowl, jar, crock or enamelware pan. In large bowl, stir together vinegar, sugar, salt, and celery seed until sugar is dissolved. Stir in oil. Pour over vegetables. Cover and marinate overnight. Serves 18.

This relish-salad is best made a day before serving, but it keeps well for 2 to 3 days in refrigerator (or in a cool stream). The recipe can be divided and when smaller quantities are made, it is best marinated in narrow, deep container such as a jar. Perfect for taking to a picnic.

Variation: You may season with the fresh dill or basil instead of celery seeds. Experiment!

The only exercise some people get is jumping to conclusions, sidestepping responsibility, dodging issues, passing the buck and pressing their luck.

•Foolish promise

ing can lead us to make foolish promises and even lead to crime. Because of this a strict fast is set for this day. Not only are we to abstain from certain food and entertainment but many pious people don't eat anything, which reminds them of a head: cabbage, apples, etc. They also do not use flat dishes or platters on this day. It is suggested that if you do not now observe these pious customs that you start this year.



AUGUST
1991

1. 1 Cor 1:1-7
2. 2 Cor 1:12-20
3. Romans 15:30-33
4. 1 Cor 4:9-16 - **Sunday**
5. 2 Cor 2:4-15
6. 2:14-3:3
7. 3:4-11
8. 4:1-6
9. 4:13-18
10. 1 Cor 1:6-9
11. 1 Cor 9:2-12 - **Sunday**
12. 2 Cor 5:10-15
13. 5:15-21
14. 6:11-16
15. 7:1-10
16. 7:10-16
17. 1 Cor 1:26-2:5
18. 1 Cor 15:1-11 - **Sunday**
19. 2 Cor 8:7-15
20. 8:16-9:5
21. 9:12-10-7
22. 10:7-18
23. 11:5-21
24. 1 Cor. 2:6-9
25. 2 Cor 16:13-24 - **Sunday**
26. 2 Cor 12:10-19
27. 12:20-13:2
28. 13:3-14
29. Gal 1:1-10
30. 2:6-10
31. 1 Cor 4:1-5

BIBLE STUDY

"If anyone is in Christ, he is a new creature; old things have passed away; behold all things have become new." This is verse 17 from the reading for the 13 of August 2 Cor. 5:15-21.

Never be discouraged about yourself. You may have tried all your life long to rid yourself of your weaknesses, your obsessions, jealousies, sins, inferiorities, without success. Your failure is probably that you have been trying to make yourself over. That is a long, tedious, and essentially impossible project.

But it can be done in no time at all by Christ. All you need do is to say to Him simply: "Lord I do not want to be this way any more," and mean it. He will do for you what you cannot do for yourself — effect a lasting change in you. Ask Him to change you. Then add regular self examination to your daily life.

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VISITOR OR WORSHIPPER

When we first moved to Weisbaden, West Germany we were shocked to find that tourists had to pay an entrance fee to see the beautiful St. Elizabeth Russian Orthodox Church. We soon found that there were many churches and cathedrals throughout Europe where tour buses stopped and an entrance fee was charged to see the building.

How about us in this country? How do we enter our church building as an occasional worshipper, spectator, or a tourist?

We know that cathedrals and churches are built to the glory of God and for His worship. But if when we enter we do not worship does the church building just become an interesting relic of the past?

If you are beginning to think this way, you better stop and reassess your religious life. Listen to St. John's warning: "Repent, for the kingdom of heaven is at hand!" (Matt 4:2) Read anew of what St. John demanded of those who would make themselves ready in heart, mind and soul for God's entrance and leadership in your life. Superficial acceptance of God was not enough in his day nor is it today.

Go to church to help you keep attuned to God. But go not as a spectator or a tourist or a visitor but as a worshipper.

MISSION FUND

Many Orthodox jurisdictions have "Missions" as their emphasis in this last decade of the 1900s. You are involved by sending copies of **The Herald** to areas other than Alaska to do mission work. Ann Lykens, Stella Csicsek, Paul Stuchlak, Mary Kolotila, Mark Svereika and Mr. and Mrs. Robert Kulenic, Anon (3).